

COMPARATIVE STUDY OF ANALYSIS BETWEEN GOVERNMENT SCHOOL AND PRIVATE SCHOOL SENIOR SECONDARY STUDENTS OF PHYSICAL EDUCATION TOWARDS YOGA

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Abstract: The objective of the study was to analyze the Government School and Private School Senior Secondary Students of Physical Education towards Yoga. For this study, total One thousand Eleven (1011) students of Physical Education retract as a subject. From Government school Five hundred Eight (508) students of Physical Education and Private school Five hundred Three (503) students of Physical Education elected as a subject. The students who were studying Physical Education in Senior Secondary classes in different schools were delimited for this study. Yoga Attitude Scale (YAS), a 30-attitude question scale prominent by Dr. Mahesh Kumar Muchhal, was used to know the attitude of students towards Yoga. The reply acquired from students of Physical Education of different government and private schools were changed into simple percentage for the purpose of analysis and interpretation of the data. To analyses, the collected data 't' test was used to compare attitude of Government school and Private school students of Physical Education towards yoga. Statistical analysis was implemented using SPSS (Statistical Package for the Social Sciences) version 19, a product of IBM.nic in order to compare all the above. The level of significance was set at .05. The study exposes that, there is scientifically significant difference between Government and Private schools senior secondary students of Physical Education attitude towards Yoga from India.

Keywords: Government school; Private school; Physical Education; Students; Attitude; Yoga.

1. INTRODUCTION

Modern life patterns affect our health in several aspects physically, psychologically, and socially. There is a requirement for increasing people awareness about the effect of recent life to regulate the consequences of the patterns of life. Promoting healthy lifestyle includes proper eating, physical activity, and better way of communicating and socializing within the community. All these have positive impacts, which we can easily get in practicing yoga. Yoga will reduce the danger of getting numerous diseases, which resulted from our day-to-day lifestyles. [Tessema, 2017] Yoga is a healthy lifestyle, started in India. At present, it is established to be a type of science acknowledged everywhere throughout the world. The western culture is likewise tolerating it as a solid type of logical exercise. In spite of the fact that the starting point of yoga is dark, it has a long custom. Yoga for a typical individual contains the acts of yama, niyama, asana, pranayama, pratyahara, kriya and reflection, which are useful to keep oneself physically fit, rationally alert and sincerely adjusted. This at last gets ready ground for the otherworldly advancement of a person. The fundamental accentuation of the present yoga educational plan for school-going youngsters is to build up their physical wellness, mental advancement and enthusiastic soundness. Stance or asana structure a significant premise of this educational plan. These have, subsequently, been given more weightage. In spite of the fact, that other yogic exercises have likewise been remembered for the educational plan.

In this Modern society, our environment is battling for endurance and the people experience the ill effects of increasingly physical and mental pressure. We cannot generally control them yet can figure out how to confront them. Yogic practices can lighten the pressure and nervousness. Yoga assists with extending the muscles, reinforce the body and increment fixation and furthermore help us to unwind. The most significant advantage of yoga is the physical and mental harmony, and improves focus power.

Yoga disposition alludes to a scope of mental sets individuals can have towards the advantages of yoga alludes to amicable prosperity of body, psyche and soul in individuals. As yoga normally has the technique for making a powerful body, advancing the psyche, and hoisting the soul. [Singh, Dr. Y. Chakradhara.2017]

2. STATEMENT OF PROBLEM AND RESEARCH METHOD

The purpose of the study was to subordinate of the Government school and Private school students of Physical Education attitude towards yoga in India. A survey type study was designed to find out the attitude of Government and Private school students of Physical Education towards yoga. The study was delimited to Government school and Private school students of Physical Education studying in different schools in India. It was hypothesized that there may not be significant difference between attitudes of Government school and Private school senior secondary students of Physical Education toward yoga.

2.1. METHORDLOGY

For the purpose of this study were carefully selected 508 Government school students and 503 Private school students of physical education in India. Yoga Attitude Scale (YAS) of Dr. Mahesh Kumar Muchhal was used. Basically the scale consists of 30 question, the respondent has to rate their response on the three-point scale. The scores against the response are like 3 for agree, 2 for undecided and 1 for disagree respectively. The reliability of the used tools is verified and established. Through the split half method, the reliability coefficient of Yoga attitude scale was 0.71 and by Spearman brown method, it was 0.83.

For the administration of yoga attitude scale to the subjects. The researcher created the web page having the questionnaire and sent the link (<http://www.eos.somee.com/surveyReg/2>) to the Physical Education teachers of different Government and Private Schools of India.

The website link of the yoga attitude scale was sent to concern student through Social Media, whereas website link of yoga attitude scale was directly sent to the physical education teachers who were in personal touch with the researcher for the collection of data.

The responses obtained from Government and Private Schools Physical Education Students was statistically analyzed in terms of means and standard deviation. Later, 't' test was used to compare attitude of Government and Private Schools students of Physical Education towards Yoga.

Statistical analysis was performed using SPSS (Statistical Package for the Social Sciences), a product of IBM.nic in order to compare all the above. The level of significance was set at .05.

3. RESULTS AND DISCUSSION

3.1. TABLES AND FIGURES

A 1011 Physical Education students studies in Government and Private schools were investigated for their attitude towards Yoga. Their percentage of responses were computed and presented in table 1.

Table 1. Percentage of Attitude of Government Schools and Private Schools Students of Physical Education towards Yoga.

Category of Subjects	Number of Respondents	Max. Possible Scores of Respondents	Obtained Average Score of Respondents	Percentage
Government Students	508	1524	1296.27	85.05%
Private Students	503	1509	1386.97	91.91%

Table 1 shows percentage of responses obtained between Government schools and Private schools students of physical education towards yoga. 85.05 % of Government schools students expressed positive attitude towards yoga, whereas 91.91% of Private schools students showed a positive response towards yoga.

Table 2. Descriptive Analyses of Attitude towards Yoga of Government Schools and Private Schools Students of Physical Education

INSTITUTION	No. of Subjects	Mean	Standard Deviation
Government	508	76.55	9.46
Private	503	82.72	7.38

Table 2 shows that the mean value and standard deviation of the students of Government School is 76.55 + 9.46, where in case of the student of Private School it is 82.72 + 7.38 Students of Physical Education. As per the above statistical point of view we found that the Private schools students of Physical education possess higher attitude towards yoga in compare with the student of Government schools, though as per the questionnaire manual suggested that both groups possess high attitude towards yoga.

Table 3. Comparison of Attitude towards Yoga between Government Schools and Private Schools Students of Physical Education

Groups	N	Df	Tabulated Value	SEMD	'p' Value	't' Value
Government Students	508	1009	1.962	-6.170	.000	-11.565
Private Students	503					

*Significant at 0.05 level.

The data shown in table 4.1.3 comparing the attitude towards Yoga of Government schools and Private schools students of Physical Education (p value of 2-tailed is .000 which is less than level of significant 0.05). On the other hand, the analysis between t value and tabulated value that difference existed between them, as the 't' value -11.565 was found to be less than the tabulated value of 1.962 at .05 level of significance with 1009 degree of freedom. These mean scores and associated t-values show that significant difference between government and private school physical education students for these attitude states was not observed. However, The Government students have reported significantly greater experience (M = 76.55, SD = 9.46) than Private students (M = 82.72, SD = 7.38). This difference is significant (t = -11.565, p < .05).

4. DISCUSSION OF FINDINGS

The statistical analysis findings table indicates that the attitude of Government Schools Students of Physical Education towards Yoga is significantly different from Private Schools Students of Physical Education. The analyzed data shows that calculated percentage of Government schools students are much lesser than tabulated percentage score value of Private schools students. The major level of difference in attitude behavior related yoga by Government schools and Private schools Physical education students was observed and recorded. This may be attributed to the fact that the Private schools Physical education students were regularly involving training of yoga and possessing the theoretical information about the yoga, regular practices and knowledge in the field of yoga was influenced the private schools students to realize the importance of yoga in maintaining health and harmonious development between mind and body and soul, whereas lack of expose and less scientific literature and less opportunity to apply the yoga techniques to their body, might be developed less positive attitude towards yoga comparing to private schools students.

The findings of the study are in accord with the finding of Dr. Rajkumar P Malipatil (2018).

5. CONCLUSION AND RECOMMENDATIONS

CONCLUSION

Based on statistical research, the following results are taken from the study findings and the analytical interpretation of the scholars of literature sources:

Students of physical education in Government Schools and Private Schools have a more favorable attitude towards Yoga.

There was a scientifically significant difference between Government school students and Private school students of physical education in the attitude towards yoga.

RECOMMENDATIONS

The analytical analysis, the scholar would like to propose the following opportunities based on quantitative results and conclusions drawn from the study:

Similar study can be carried out by choosing participants from other institute.

The present study have been based on the questionnaire method, it is recommended that the similar study may be undertaken on the basis of interviews.

A research may be conducted which includes more subject quantity and differs in the field.

To order to find the difference in attitude towards yoga, a longitudinal analysis between other subject, school teachers and students may be undertaken.

In order to find the difference in attitude towards yoga, a study may be undertaken involving non-teaching staff from schools, colleges and universities as well.

A study may be conducted to determine the student's attitude of different professional institute towards yoga and also to determine the attitude of parents, other subject teachers and administrators towards yoga.

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